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Stacey Vornbrock, M.S. is pioneering the use of Emotional Freedom Technique (EFT) with elite and amateur athletes to release mental, emotional, physical, and mechanical blocks on the cellular level. EFT is designed to discharge chemicals that have been stored in the cell receptor sites of your body. When these chemicals are discharged it allows your mind and body to return to a neutral state, which allows you to perform at your optimum level. Below is a description of how this works from a brain/body chemistry standpoint.

This is how the brain processes any kind of stimulus: There is an event ►► Chemicals are released by the brain ►► These chemicals flood the body and are experienced as an emotion ►► These chemicals lock into the cell receptor sites ►► We either fully process the emotion or not ►► If we don't fully process the emotion/chemical, the cell receptor site remains filled up and nutrients and proteins can't enter that receptor, and our cell is thrown off balance ►► Over time, the cell receptor sites shrink up and die ►► When the cell divides, there are more cell receptor sites for that same chemical/emotion and less receptor sites for nutrients and proteins. We then spend our time trying to deal with the event on a psychological level rather than the physiological level that it happened on.

Emotional Freedom Technique easily helps the body discharge these stored chemicals from the cell receptor sites. As these chemicals are discharged you will notice your mental thoughts change as well. This is easily and painlessly accomplished through a series of taps on your face and hands using your fingertips while focused on the performance challenge you are having. You will probably feel silly and think this is the dumbest thing you've ever done while tapping! Don't worry; you don't have to believe it will work in order for it to work. Remember we are bypassing your conscious mind and addressing the physiology of your body.

It is important to drink plenty of water after tapping and to rest if you are tired. If you still have negative emotions or thoughts about a particular issue you have tapped on, it simply means that there are remaining aspects of that issue that need to be tapped on. What you have already tapped for will not return.